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DEPARTMENT; PHARMACOLOGY

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COURSE CODE; PHS 204

LEVEL; 200

**QUESTION;**

Points to include:

1. Write what you know about contraception and the types you know.

2. Give examples of the types of contraceptives and major on any five.

ANSWERS;

1. Contraception is a way to prevent pregnancy. Although different contraception methods work in different ways, contraception generally prevents sperm from reaching and fertilizing an egg which is how a pregnancy starts. Every month a woman's body begins the process that can potentially lead to pregnancy. An egg (ovum) matures, the mucus that is secreted by the cervix (a cylindrical-shaped organ at the lower end of the uterus) changes to be more inviting to sperm, and the lining of the uterus grows in preparation for receiving a fertilized egg. Any woman who wants to prevent pregnancy must use a reliable form of birth control. Birth control (contraception) is designed to interfere with the normal process and prevent the pregnancy that could result. There are different kinds of birth control that act at different points in the process, from ovulation through fertilization to implantation. Each method has its own side effects and risks. Some methods are more reliable than others. Different methods suit different people. Your choice of contraception may change depending on your age, your health and the status of your relationship.

The different types of contraception are;

* Long-Acting Contraception(LARC)
* Hormonal Method
* Emergency Contraception
* Sterilization
* Barrier Method

**Long-Acting Contraception(LARC);** Long-acting reversible contraceptives (LARC) are methods of birth control that provide effective contraception for an extended period without requiring user action. They include injections, intrauterine devices (IUDs) and subdermal contraceptive implants. They are the most effective reversible methods of contraception because their efficacy is not reliant on patient compliance. Long-acting reversible contraception is recommended for adolescents to help decrease the teen pregnancy rate. LARCs are recommended for women of any age no matter how many times they have given birth. Women considering using LARCs should obtain contraceptive counseling from reproductive health professionals because those who do are more satisfied with them and use them for longer periods of time.

**Hormonal Method;** Hormonal methods of birth control (contraception) contain either estrogen and progestin, or progestin only; they are a safe and reliable way to prevent pregnancy for most women. Hormonal methods include an implant, an intrauterine device (IUD), injections, pills, a vaginal ring, and a skin patch.

**Emergency Contraception**; The ECP is taken after unprotected sex to prevent pregnancy. It stops or delays the release of an egg from your ovaries until the sperm aren’t active in your body any more. It prevents the sperm from fertilising an egg by changing the way the sperm moves in your body. It doesn’t work once the egg has been fertilised. It doesn’t harm you or a developing embryo.

**Sterilization**; Sterilization is a permanent form of birth control that is extremely effective at preventing pregnancy. But it is difficult to reverse if you change your mind, and it does not protect against STDs. Both men and women can be sterilized. For women, a tubal ligation is performed; for men, a vasectomy is performed.

**Barrier Method;** Barrier methods include the diaphragm, cervical cap, male condom, and female condom and spermicidal foam, sponges, and film. Unlike other methods of birth control, barrier methods are used only when you have sexual intercourse. Be sure to read the instructions before using a barrier method.

• Long-Acting Contraception(LARC); such as the implant or intra uterine device (IUD)

• Hormonal Method; such the pill or the Depo Provera injection

• Emergency Contraception; such as copper-bearing intrauterine devices (IUDs) and the emergency contraceptive pills (ECPs).

• Sterilization; such as a tubal ligation, a vasectomy

• Barrier Method; such as condoms

BIRTH CONTROL PILLS

Most oral contraceptives, commonly called "the pill," contain a combination of estrogen and progestin. The combination pill reduces the risk of pregnancy by:

* Preventing ovulation
* Keeping the mucus in the cervix thick and impenetrable to sperm
* Keeping the lining of the uterus thin

The pill makes menstrual bleeding more regular, with fewer days of flow and overall lighter flow. Other benefits of the pill include a reduction in:

* Menstrual cramps or pain
* Risk of ovarian cancer or cancer of the endometrium (uterine lining)
* Acne
* Iron-deficiency anemia (a low blood count due to low iron levels)

Missed pills are a common cause of pregnancy. In general, if you forget to take an active pill (containing hormones), you should take it as soon as possible and take the next one at the usual time it is due. If you miss more than two pills, use a backup method of birth control (e.g, condoms) for seven days.

DIAPHRAGM

The diaphragm, a dome-shaped rubber cup with a flexible rim, is inserted into the vagina and positioned over the cervix. A diaphragm prevents sperm from entering the uterus. Some diaphragms come in various sizes and must be fitted by a health care practitioner, who also teaches the woman how to insert it. If a woman has gained or lost more than 10 pounds, has had a diaphragm for more than a year, or has had a baby or an abortion, she must be refitted for a diaphragm because the vagina’s size and shape may have changed. The diaphragm is inserted before intercourse and should remain in place for at least 6 and probably 8 hours but no more than 24 hours.

CONDOMS

Condoms must be used correctly to be effective. Condoms should be applied before penetration. Condoms are thin protective sheaths that cover the penis. Condoms made of latex are the only contraceptives that provide protection against all common sexually transmitted diseases (STDs), including those due to bacteria (such as gonorrhea and syphilis) and those due to viruses (such as HPV—human papillomavirus—and HIV—human immunodeficiency virus). Male condoms should be positioned so that the tip extends almost 1/2 inch (about 1 centimeter) beyond the penis to provide a space to collect semen. Some condoms have a reservoir at the tip for this purpose. Immediately after ejaculation, the penis should be withdrawn while the condom’s rim is held firmly against the base of the penis to prevent the condom from slipping off and spilling semen.

The female condom is a pouch with an inner and an outer ring. The inner ring is inserted as far as it can go into the vagina (or anus), and the outer ring remains outside. Then, the penis is carefully guided through the outer ring into the pouch. If the penis slips out of the pouch or the outer ring is pushed inside, the condom can be removed and reinserted without risking pregnancy as long as semen has not been released (ejaculated). Before the condom is removed, the outer ring should be squeezed together and twisted to prevent semen from being spilled.

INTRAUTERINE DEVICE (IUD)

The IUD is a type of long-acting reversible contraception (LARC) that goes in your uterus. More than 99% effective, it Works for up to 10 years. ‘Fit and forget’ contraception – you don’t need to do anything. There are two types: one with hormones, one without hormones , Your period might change. There might be more or less bleeding.

IMPLANTS

The birth control implant (AKA Nexplanon) is a tiny, thin rod about the size of a matchstick. The implant releases hormones into your body that prevent you from getting pregnant. A nurse or doctor inserts the implant into your arm and that’s it — you’re protected from pregnancy for up to 5 years. It’s get-it-and-forget-it birth control. The hormones in the birth control implant prevent pregnancy in two ways:

* Progestin thickens the mucus on your cervix, which stops sperm from swimming through to your egg. When sperm can’t meet up with an egg, pregnancy can’t happen.
* Progestin can also stop eggs from leaving your ovaries (called ovulation), so there’s no egg to fertilize. When eggs aren’t released, you can’t get pregnant.